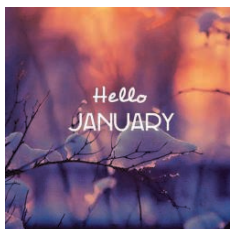


AMONG FRIENDS

JANUARY 2018



Proudly serving the Fond du Lac Community for 50 years!
...WHERE FRIENDS MEET!



A Free Monthly Publication
Vol. 9 • No. 1

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ALL ACTIVITIES HELD AT THE CENTER UNLESS NOTED	



Fond du Lac Senior Center

151 E. 1st St.

Fond du Lac, Wisconsin 54935

Phone (920)322-3630

Email cloomans@fdl.wi.gov

Hours M-F 8:00 a.m.- 4:30 p.m.

The Fond du Lac Senior Center provides equal services to all individuals 50 years and over, including those with disabilities.

Friends bylaws available at our Center.

Visit us online at www.fdlseiorcenter.com

Newcomer Tour

Call **322-3630** if you would like a tour of the Senior Center and to learn about our programs and activities. This tour is for new members or those who have not been very active but want to find out more about our Center.



Happy New Year!

Do you ever listen to or watch those “Year in Review” programs? I have always enjoyed taking time to look back at the year and seeing everything that has happened.



As far as our Center, 2017 was a pretty amazing year for us. We had more programs, more activities, more participation and more Friends than ever before. That makes me excited for what 2018 will bring!

One of our goals for our Center in 2018 is to continue to develop quality programs for all of you. The National Council on Aging encourages us to develop programs that address the six dimensions of wellness. These dimensions include:

- ⊗ Emotional Wellness
- ⊗ Intellectual Wellness
- ⊗ Physical Wellness
- ⊗ Social Wellness
- ⊗ Spiritual Wellness
- ⊗ Vocational Wellness

You will see more about this as the year progresses.

I saw this graphic the other day and wanted to share it with you because in 2018 we are committed to continue to be the kind of Senior Center that “Makes things happen!!!”



Thanks for spending your time with us in 2017 and we look forward to seeing you in 2018!

Cathy

NATIONAL HOT CHOCOLATE DAY

Wednesday, January 31st is National Hot Chocolate Day. To celebrate there will be a hot chocolate buffet from 1:30PM – 3:30PM
Please call to register- (920) 322-3630



Newsletter Crew

Editor.....Cathy Loomans
Mail Crew20+ awesome volunteers!

Newsletter Deadline

Information must be submitted at least six weeks prior to the event in order to be included in the newsletter. Please submit information to Cathy Loomans at cloomans@fdl.wi.gov.

Up-to-Date Information

Tune in to KFIZ-AM 1450 Monday mornings from 9:10-9:25 a.m. for the Senior Center update.



Cathy Loomans, Senior Center Director, is the guest of Spencer Wagen on his *Breakfast Show* every Monday morning. Listen in for information about upcoming activities and events at the Senior Center.

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Programs & Activities



RED HAT HONEYS

The FDL Senior Center Chapter
of the Red Hat Society

Royal Rummy Card Game Party

Thursday, January 18th

1-3 p.m. Cost: \$2 Limit: 25

Bring your own snacks, drinks are provided

Call FDL Senior Center to register (920) 322-3630



BINGO

Tuesdays at 1:00 p.m.



STITCHERY GROUP



Bring your project and join us!

Tuesdays at 1:00 p.m.

WOODCARVING CLUB



Mondays 9:00 a.m.

New members always welcome!

QUILTING GROUPS



Flying Geese Quilting Club

1st Thursday at 1:00 p.m.

Call Nancy at 920-923-4494 for info.

Sunset Stitchers Quilt Guild

2nd Thursday at 7:00 p.m.

Call Laura at 920-923-1693 for info

JAM SESSION

2nd and 4th Wednesdays at 10:00 a.m.

Get out your instruments and come "Jam Out" with us! Any instrument welcome!



MEMORY WRITERS GROUP

Fridays at 1:00 p.m.

The Memories Writers meet to
share and preserve life
experiences and family history.
New members welcome!





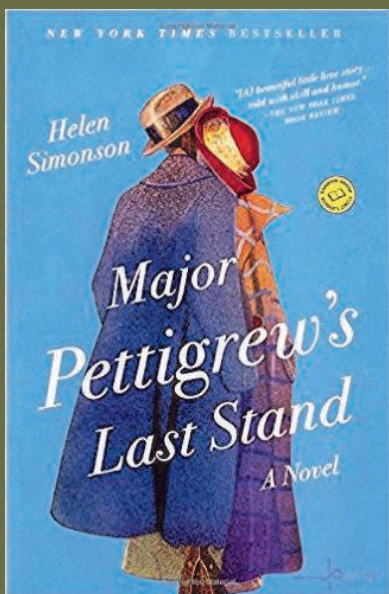
BOOK CLUB

Monday, January 15th
9:30 - 11 p.m.

Copies available at the Senior Center

You are about to travel to Edgcombe St. Mary, a small village in the English countryside filled with rolling hills, thatched cottages, and a cast of characters both hilariously original and as familiar as the members of your own family. Among them is Major Ernest Pettigrew (retired), the unlikely hero of Helen Simonson's wondrous debut. Major Pettigrew is one of the most indelible characters in contemporary fiction, and from the very first page of this remarkable novel he will steal your heart.

The Major leads a quiet life valuing the proper things that Englishmen have lived by for generations: honor, duty, decorum, and a properly brewed cup of tea. But then his brother's death sparks an unexpected friendship with Mrs. Jasmina Ali, the Pakistani shopkeeper from the village. Drawn together by their shared love of literature and the loss of their respective spouses, the Major and Mrs. Ali soon find their friendship blossoming into something more.



BOOK OF THE MONTH: "Major Pettigrew's Last Stand"
By: Helen Simonson

TECH TYME

THURSDAYS STARTING JANUARY 11
1:00-3:00PM



Bring your tablet, smart phone, iPad or other electronic device and meet with the MPTC IT Club members for one-on-one help with your device.

MAH JONGG



New players always welcome!
Tuesdays 12:00
Thursdays 12:00

MELODIES AND MEMORIES CHOIR

Thursday, January 11
3:30 - 4:30 p.m.
2nd Thursday of each month

Do you like to sing just for fun? Our Melodies and Memories Choir was created specifically for people who enjoy singing in a relaxed fun environment. We also welcome singers with the early stages of dementia along with their care partners. *This is a FREE Program - just drop in!*





CALLING ALL CARD PLAYERS

Check out our monthly calendar and Come and try your hand at one of your favorite games:

- ♦ Bridge
- ♦ Canasta
- ♦ Cribbage
- ♦ Euchre
- ♦ Hand and Foot
- ♦ Recreational Sheephead
- ♦ Recreational Euchre
- ♦ Sheephead
- ♦ Skat
- ♦ Poker



HANDCHIME CHOIR



Practice Wednesday or Thursday mornings at 9a.m.
Call Gail Zimmerman at (920) 924-0218 if interested.

UMBRELLA BRIGADE

Please come see the Umbrella Brigade's upcoming performance at:



Artisan Senior Living
Wednesday, January 31
2:00 p.m.

RED HAT CHORUS

The Center is alive with the sound of music from the Red Hat Chorus every Friday at 10:00 a.m.

Come check them out!



GROUP SINGING CLASS

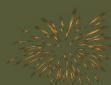
with Kathryn Staley-Hamm



Voice Lessons in a group setting
January 9 - February 13

Tuesdays from 10:00 -11:00 a.m.

Check at the front desk for next session dates.
Cost is \$25 for six classes. Please sign up and pay at the Front Desk!



SCRAPBOOKING

Thursdays at 10:00 a.m.
Please note: Group does not meet the 4th Thursday of the month



ART LAB

Punch Cards Available at the front desk

Lab offered:
Acrylic & Oil Painting:
Tuesdays, 10am—noon

Drawing & Watercolor
Tuesdays, 1pm-3pm



\$16 for a
4-class
punch card!

(Mixed Media is now being incorporated into the 10am and 1pm classes)

Please sign up at the Front Desk!

SCAMP BAND

Come for the music, stay for the fun!



Wednesdays at 8:30 a.m.

GENEALOGY GROUP

2nd and 4th Wednesday at 1:00 p.m.



GERMAN CLUB



Mondays 1:00 p.m.
Join Us!

GAME DAY



Bring your favorite game and show us how to play it!

Fridays at 1:00 - 3:30 p.m.

THURSDAY, JANUARY 4TH: THE GLASS CASTLE

11:45 a.m. Lunch (optional);

1:00 p.m. Movie

2017 · 2hr 07min · PG-13

Drama

Starring: Brie Larson, Woody Harrelson, Naomi Watts

Summary: A young girl comes of age in a dysfunctional family of nonconformist nomads with a mother who's an eccentric artist and an alcoholic father who would stir the children's imagination with hope as a distraction to their poverty.



WEDNESDAY, JANUARY 17TH: CHAMPION

11:45 a.m. Lunch (optional);

1:00 p.m. Movie

2017 · 1hr 56min · PG

Drama, Sport

Starring: Robert Amaya, Cameron Arnett, Cliff Brannon

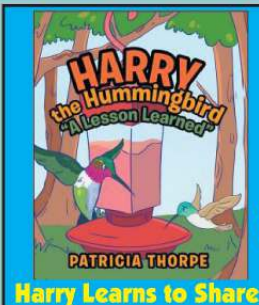
Summary: In the supercharged world of dirt track racing, a single mistake causes the lives of two men to change forever. One must fight for his family, the other must fight to forgive.



Mark your calendar for February movies:
Thursday, Feb. 1, 1pm: The Secret Scripture
Wednesday, Feb. 21, 1pm: Stronger

If you're interested in watching a movie, please call to register at (920) 322-3630. If you're interested in joining us for lunch, please read about the Senior Dining Program on page 23 for more details!

Thanks to Moraine Park Technical College for sponsoring movies at our Center!



Great Gifts for Grandchildren and Holidays!!
Visit www.patriciathorpesbooks.com

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Chucky the Black Squirrel
"A Lesson Learned"
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Programs & Activities

9

DANCES

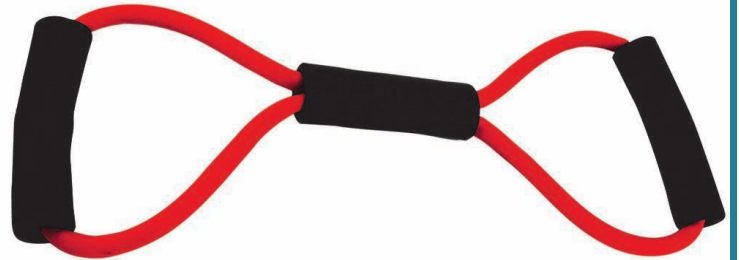


\$4.00 donation

Wednesdays 7:30–9:30 p.m. Call Caroline at 920-929-9333 for info.

TOPS (TAKE OFF POUNDS SENSIBLY)

Thursdays at 5:45 p.m.



CHAR-TASTIC CRAFTERS



1st & 3rd Thursday from 6–8 p.m.

YOGA WITH JEANNE

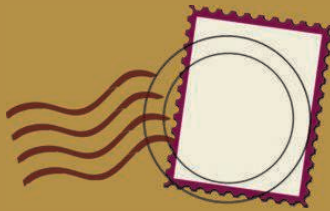


Thursdays at 10:45

Call for more information (920) 322-3630

STAMP CLUB

3rd Wednesday at 7:00 p.m.



COIN CLUB



2nd Tuesday at 6:00 p.m.

WINNEBAGO WOODWORKERS



2nd Tuesday from 6:00-8:00 p.m.
General meeting held at the FDL Senior Center
Other Tuesdays at the NFDL High School

BEGINNING COUNTRY LINE DANCING

Saturdays 10 to 11:30 a.m.
Jan. 6, 13, 20

COUNTRY LINE DANCING

Thursdays 6 to 7:30 p.m.
Jan. 4, 11, 18, 25



4 classes for only \$10.00
Punch cards available at the front desk.

LOW IMPACT HEAD TO TOE STRETCH

WITH SARAH DOCTER



Mondays 9:00 - 9:30 a.m.

LOW IMPACT EXERCISE VIDEO

Wednesdays 10:00 - 10:30 a.m.
Free admission, men and women, stop in!

HIKING GROUP



This group meets on Tuesdays & Thursdays at 10 a.m.
Please call Ruth at
921-7192 for more information.

TAI CHI CLASS



Tuesdays 9 to 10 a.m.
Next Session Starting January 2nd
8 classes for \$45
Please register and pay at the front desk.

STRONG BODIES



Sign up now for the next session:

Monday and Wednesday
7:00-8:00 AM Jan. 8 - March 14th OR

Tuesday and Thursday
5:00-6:00 PM Jan. 9 - March 15th

\$45.00 for 10 weeks

SELF DEFENSE CLASS



Fridays from 10:30-11:30am
with Larry Lewis
No registration required
Free admission, just drop in!

BALANCE & BODY MOVEMENT CLASS



Fridays from 10 - 10:30 a.m.

Larry Lewis leads this ongoing weekly class which helps participants improve their balance in a variety of situations. Tips and techniques taught will benefit all fitness levels.

NO REGISTRATION REQUIRED
FREE ADMISSION, JUST DROP IN!!

YOGA FIT



Saturdays
9:00-10:00am

\$5 walk in or a 10 class punch card for \$40.00 is available from Instructor Kirsten Quam

CHAIR TAI CHI CONCEPTS



Come and check out the Chair Tai Chi Concepts class—a perfect class whether you want to practice Tai Chi from a standing or sitting position. Drop in for this **FREE** class on Fridays 9:00-9:45 am



ZUMBA GOLD

Mondays 5:30 - 6:30 p.m.

\$5 walk in or a 10 class punch cards \$40.00 available from Instructor Kirsten Quam

HEALTH SERVICES

BLOOD PRESSURE TESTING

Sponsored by Agnesian Home Health

Friday, January 12th 9:00 a.m.

No appointment needed. Donations accepted.

BLOOD SUGAR TESTING

Sponsored by Fond du Lac Lutheran Homes & Health Services

Friday, January 12th 9:00 a.m.

No appointment needed. *12-hour fast required.* Donations accepted.

HEARING SCREENING/HEARING AID CLEANING

Sponsored by Avada Hearing Care Center

FREE hearing screenings and FREE hearing aid cleaning.

2018 Dates to be announced.

LIPID PANEL SCREENINGS

2018 Dates to be announced.

Price for Tests: \$25 – HSP2 (LIPID+LU)

\$45 – VITAMIN D (25VD)



CARDIO DRUMMING



Tuesdays at 3:15 p.m.

First Class is free!!!

8 classes for only \$24!!

Punch cards are sold at the front desk.

SENIOR OUTREACH PROGRAM

Become an Outreach Volunteer!

The gift of your time can make a giant impact in the life of a lonely or isolated senior.
There are many ways to make a difference including:



- ♦ Community Cares
- ♦ Friendly Visits
- ♦ Group Community Cares Enrichment Activities
- ♦ Caring Companions
- ♦ Friendly phone calls
- ♦ Caring Companion Community Partnership

January Outreach Schedule:

For more information, call Sarah Docter
at (920) 322-3641

COMMUNITY CARES

The next Community Cares visit will be on
Tuesday, January 23rd from 2:to 3 p.m.
Each month volunteers go to a different
local nursing home or assisted living facility
to visit with residents who have few visitors.

New volunteers are paired with an
experienced volunteer. Sharing an hour of
your time can have a big impact!

**THE SENIOR OUTREACH PROGRAM
IS FUNDED IN PART BY THE FOND
DU LAC AREA UNITED WAY**

**United
Way**



OUTREACH VOLUNTEER MEETING



Thursday, January 4th
9:00AM



CANASTA

1st, 3rd and 5th
Wednesdays
12:00 p.m.

This group of ladies definitely know how to have a good time.—laughter abounds when they get together!

We love having them here!

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Karen



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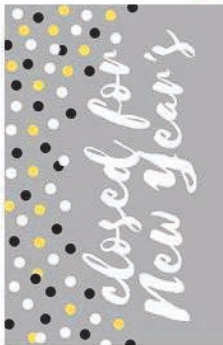
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Monday		Tuesday		Wednesday		Thursday		Friday	
<div>1</div> <div></div>		<div>2</div> <div>8:30 Pool League 8 Ball 9:00 AARP Board Meeting 9:00 Tai Chi 10:00 Hiking 10:00 Acrylic & Oil Painting Class 12:00 Mahjongg 12:30 Bridge 1:00 Bingo-Sponsor: Lutheran Home 1:00 Stitchery Group 1:00 Drawing & Watercolor Class 3:15 Cardio Drumming 6:00 Winnebago Woodworkers @ NFDL HS 6:00 Senior Dining—Al Capone's Social 5:30</div>		<div>3</div> <div>8:30 Pool League 9 Ball 8:30 SCAMP 9:00 Hand Chimes 10:00 Jam Session Practice 10:00 Low Impact Video Exercise 12:00 Hand & Foot 12:00 Canasta 12:45 Recreational Sheephead 1:15 Sheephead 7:30 Wed Night Dance</div>		<div>4</div> <div>8:00 Skat 9:00 Senior Outreach Meeting 10:00 Hand Chimes 10:00 Hiking 10:00 Scrapbooking 10:00 Beginning Bridge 12:00 ROMEO's-at Faros 12:00 Mahjongg 12:30 Bridge 1:00 Cribbage 1:00 Flying Geese Quilters 1:00 Movie— "The Glass Castle" 5:45 TOPS #0566 6:10 Country Line Dancing 6:00 Chartastics Crafters Club 6:00 Local Parents of Angels</div>		<div>5</div> <div>9:00 Chair Tai Chi Concepts 10:00 Balance and Body Movement 10:00 Red Hat Chorus 10:30 Self Defense Class 1:00 Wii Bowling 1:00 Memories Writers Group 1:00 Game Day 1:15 Sheephead 6 Saturday 9:00 Yoga Fit 10:00 Beg. Country Line Dance 7 Sunday</div>	
<div>8</div> <div>7:00 Strong Bodies 9:00 Low Impact Head to Toe Stretch 9:00 Woodcarving Club 12:30 Recreational Euchre 12:30 Euchre 1:00 German Club 1:00 Poker 1:15 Sheephead 5:30 Zumba Gold</div>		<div>9</div> <div>8:30 Pool League 8 Ball 9:00 Tai Chi 9:00 Bagels with Ben 10:00 Hiking 10:00 Acrylic & Oil Painting Class 10:00 Group Singing Class 12:00 Mahjongg 12:10 Books Between Bites 12:30 Bridge 1:00 Bingo-Sponsor: Manor Care 1:00 Stitchery Group 1:00 Drawing & Watercolor Class 3:15 Cardio Drumming 5:00 Strong Bodies 6:00 Winnebago Woodworkers 6:00 Coin Club 6:00 Senior Dining - Schmitt's Social 5:30</div>		<div>10</div> <div>7:00 Strong Bodies 8:30 Pool League 9 Ball 8:30 SCAMP 9:00 Hand Chimes 10:00 Jam Session 10:00 Low Impact Video Exercise 12:00 Hand & Foot 12:45 Recreational Sheephead 1:00 Genealogy Group 1:15 Sheephead 1:30 The Power of One 7:30 Wed Night Dance</div>		<div>11</div> <div>8:00 Skat 9:00 Foot Care 9:00 Hand Chimes 10:00 Hiking 10:00 Scrapbooking 10:00 Beginning Bridge 12:00 Mahjongg 12:30 Bridge 1:00 Cribbage 1:00 Tech Tyme 3:30 Melodies and Memories Choir 5:00 Strong Bodies 5:45 TOPS #0566 6:10 Country Line Dancing 7:00 Sunset Stitchers</div>		<div>12</div> <div>9:00 Health Screenings 9:00 Chair Tai Chi Concepts 10:00 Balance and Body Movement 10:00 Red Hat Chorus 10:30 Self Defense Class 1:00 Wii Bowling 1:00 Memories Writers Group 1:00 Game Day 1:15 Sheephead 13 Saturday 9:00 Yoga Fit 10:00 Beg. Country Line Dance 14 Sunday</div>	
<div>15</div> <div>7:00 Strong Bodies 8:30 Newsletter Assembly 9:00 Low Impact Head to Toe Stretch</div>		<div>16</div> <div>8:30 Pool League 8 Ball 9:00 Tai Chi 10:00 Hiking 10:00 Document Body, Dreams</div>		<div>17</div> <div>7:00 Strong Bodies 8:30 Pool League 9 Ball 8:30 SCAMP 9:00 Hand Chimes</div>		<div>18</div> <div>8:00 Skat 9:00 Hand Chimes 10:00 Hiking 10:00 Scrapbooking</div>		<div>19</div> <div>9:00 Chair Tai Chi Concepts 10:00 Balance and Body Movement 10:00 Red Hat Chorus 10:30 Self Defense Class</div>	

<p>9:00 Woodcarving Club</p> <p>9:30 Book Club</p> <p>12:30 Recreational Euchre</p> <p>12:30 Euchre</p> <p>1:00 German Club</p> <p>1:00 Poker</p> <p>1:15 Sheephead</p> <p>5:30 Zumba Gold</p>	<p>10:00 Document Party Panama</p> <p>10:00 Acrylic & Oil Painting Class</p> <p>10:00 Group Singing Class</p> <p>12:00 Mahjongg</p> <p>12:30 Bridge</p> <p>1:00 Bingo-Sponsor: Almost Family</p> <p>1:00 Stitchery Group</p> <p>1:00 Drawing & Watercolor Class</p> <p>3:15 Cardio Drumming</p> <p>5:00 Strong Bodies</p> <p>6:00 Winnabago Woodworkers at NFDL HS</p> <p>6:00 Senior Dining - Ginou</p> <p>Social at 5:30</p>	<p>9:00 Jam Session Practice</p> <p>10:00 Low Impact Video Exercise</p> <p>12:00 Hand & Foot</p> <p>12:00 Canasta</p> <p>1:00 Movie – "Champion"</p> <p>12:45 Recreational Sheephead</p> <p>1:15 Sheephead</p> <p>7:00 Stamp Club</p> <p>7:30 Wed Night Dance</p>	<p>10:00 Scrapbooking</p> <p>10:00 Beginning Bridge</p> <p>12:00 Mahjongg</p> <p>12:30 Bridge</p> <p>1:00 Cribbage</p> <p>1:00 Tech Tyme</p> <p>1:00 Royal Rummy Game Party - Red Hat Honeys</p> <p>5:00 Strong Bodies</p> <p>5:45 TOPS #0566</p> <p>6:10 Country Line Dancing</p> <p>6:00 Chartastics Crafters Club</p> <p>6:00 Local Parents of Angels</p> <p>HT to Fireside "Phantom"</p>	<p>10:30 Self Defense Class</p> <p>1:00 Wil Bowling</p> <p>1:00 Memories Writers Group</p> <p>1:15 Sheephead</p> <p>1:00 Game Day</p> <p>5:00 Supper Club – The Eagles</p> <p>20 Saturday</p> <p>9:00 Yoga Fit</p> <p>10:00 Beg. Country Line Dance</p> <p>21 Sunday</p>	<p>22</p> <p>7:00 Strong Bodies</p> <p>8:30 Newsletter Assembly</p> <p>9:00 Low Impact Head to Toe</p> <p>Stretch</p> <p>9:00 Woodcarving Club</p> <p>9:30 Book Club</p> <p>12:30 Recreational Euchre</p> <p>12:30 Euchre</p> <p>1:00 German Club</p> <p>1:00 Poker</p> <p>1:15 Sheephead</p> <p>5:30 Zumba Gold</p>	<p>23</p> <p>8:30 Pool League 8 Ball</p> <p>9:00 Tai Chi</p> <p>10:00 Hiking</p> <p>10:00 Acrylic & Oil Painting Class</p> <p>10:00 Group Singing Class</p> <p>12:30 Bridge</p> <p>1:00 Bingo-Sponsor: Grancare Rehab</p> <p>1:00 Mahjong</p> <p>1:00 Stitchery Group</p> <p>1:00 Drawing & Watercolor Class</p> <p>2:00 Community Cares</p> <p>3:00 Mixed Media Art Class</p> <p>3:15 Cardio Drumming</p> <p>5:00 Strong Bodies</p> <p>6:00 Winnabago Woodworkers at NFDL</p> <p>6:30 Senior Dining - Coliseum - Social at 5:30</p>	<p>24</p> <p>7:00 Strong Bodies</p> <p>8:30 Pool League 9 Ball</p> <p>8:30 SCAMP</p> <p>9:00 Hand Chimes</p> <p>10:00 Low Impact Video Exercise</p> <p>10:00 Jam Session</p> <p>12:00 Hand & Foot</p> <p>12:45 Recreational Sheephead</p> <p>1:00 Genealogy Group</p> <p>1:15 Sheephead</p> <p>7:30 Wed Night Dance</p>	<p>25</p> <p>8:00 Skat</p> <p>9:00 Hand Chimes</p> <p>10:00 Hiking</p> <p>10:00 Beginning Bridge</p> <p>12:00 Mahjongg</p> <p>12:30 Bridge</p> <p>1:00 Cribbage</p> <p>1:00 SALT/TRIAD</p> <p>1:00 Tech Tyme</p> <p>3:00 Annual Friends Meeting</p> <p>5:00 Strong Bodies</p> <p>5:45 TOPS #0566</p> <p>6:10 Country Line Dancing</p> <p>6:30 Alzheimer's Support Group</p>	<p>26</p> <p>9:00 Friends Board</p> <p>9:00 Chair Tai Chi Concepts</p> <p>10:00 Balance and Body Movement</p> <p>10:00 Red Hat Chorus</p> <p>10:30 Self Defense Class</p> <p>1:00 Wil Bowling</p> <p>1:00 Memories Writers Group</p> <p>1:15 Sheephead</p> <p>1:00 Game Day</p> <p>5:00 Supper Club – The Eagles</p> <p>27 Saturday</p> <p>9:00 Yoga Fit</p> <p>28 Sunday</p>	<p>LET'S DO LUNCH!</p> <p>The Senior Center is a meal site for the FDL County Senior Nutrition Program. Served Monday—Friday at 11:45 a.m., lunch is available to all seniors regardless of income, with a suggested donation of \$3 for those age 60 or over. Registration for lunch is required by calling 929-3937 at least one day in advance by 12:00 p.m.</p> <p>Menus are available at the front desk or our website: fdlseiorcenter.com</p> <p>Senior Dining</p> 	<p>29</p> <p>7:00 Strong Bodies</p> <p>8:30 Newsletter Assembly</p> <p>9:00 Low Impact Head to Toe</p> <p>Stretch</p> <p>9:00 Woodcarving Club</p> <p>9:30 Book Club</p> <p>12:30 Recreational Euchre</p> <p>12:30 Euchre</p> <p>1:00 German Club</p> <p>1:00 Poker</p> <p>1:15 Sheephead</p> <p>5:30 Zumba Gold</p>	<p>30</p> <p>8:30 Pool League 8 Ball</p> <p>9:00 Tai Chi</p> <p>10:00 Hiking</p> <p>10:00 Acrylic & Oil Painting Class</p> <p>10:00 Group Singing Class</p> <p>12:30 Bridge</p> <p>1:00 Bingo-Sponsor: Visiting Angels</p> <p>1:00 Mahjong</p> <p>1:00 Stitchery Group</p> <p>1:00 Drawing & Watercolor Class</p> <p>2:00 Community Cares</p> <p>3:00 Mixed Media Art Class</p> <p>3:15 Cardio Drumming</p> <p>5:00 Strong Bodies</p> <p>6:00 Winnabago Woodworkers at NFDL</p> <p>6:30 Senior Dining- Fat Joes - Social at 5:30</p>	<p>31</p> <p>7:00 Strong Bodies</p> <p>8:30 Pool League 9 Ball</p> <p>8:30 SCAMP</p> <p>9:00 Hand Chimes</p> <p>10:00 Low Impact Video Exercise</p> <p>12:00 Hand & Foot</p> <p>12:00 Canasta</p> <p>12:45 Recreational Sheephead</p> <p>1:15 Sheephead</p> <p>1:30 National Hot Chocolate Day</p> <p>2:00 Umbrella Brigade at Artisan</p> <p>7:30 Wed Night Dance</p>
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THE POWER OF ONE



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January - May

2nd Wednesday of each month at 1:30 p.m.

- **January 10th : Financial Tips for Widow(er)s, Speaker: Jonathan Leonard from Thrivent Financial**
- February: Simple Household Maintenance Tips and Contractor Scams
- March: You're Not Crazy You're Grieving
- April: Getting Involved
- May: Taking Care of You

Call the front desk to register (920) 322-3630

HAPPY TRAVELERS

BE A HAPPY TRAVELER... WE'RE GOING PLACES!



Happy Travelers' Office 322-3635
happytravelers@fdl.wi.gov
Hours: Monday—Thursday 9:00 a.m. to 3:00 p.m.

Annual Friends of the Fond du Lac Senior Center membership is required to travel with the Happy Travelers. Membership fees are \$10 for a single and \$15 for a married couple.

Reminders:

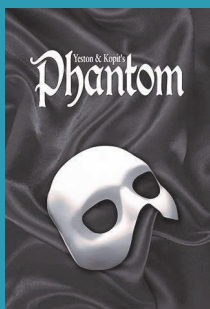
- Sign up for trips as soon as possible to prevent cancellation. Most of our vendors require deposits months before actual date of trip.

UPCOMING TRIPS—CALL SOON TO SAVE YOUR SPOT!!!

"PHANTOM"

\$109 IN
Thursday, January 18

This play digs deep into the life of his tortured soul in a show filled with romance and mystery, thrills and excitement. Enjoy beautiful music and a delicious meal at the Fireside Theatre.



NEWSIES

\$109 IN
Thursday, March 1
Fireside Theatre

Newsies is the rousing tale of Jack Kelly, a charismatic newsboy and leader of a ragged band of teenaged newsies, who dreams only of a better life from the hardship of the streets. High energy, non-stop thrills and amazing music makes this a don't miss show.



ON WISCONSIN!

Madison
Thursday, May 3rd
\$69 IN

Join us as we see Madison up close and personal. We'll take a tour of Camp Randall, check out Bucky's Locker Room, have lunch at the famous Nitty Gritty and tour the Governor's Mansion.



BEACH BOYS TRIBUTE

\$85 IN
Saturday, May 5th
8:15am—6:00pm
Schauer Center



MARSH BOAT TOUR

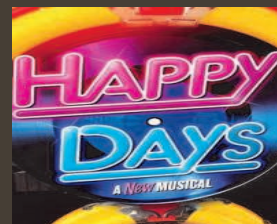
\$79 IN
Wednesday, May 23
Horicon



HAPPY DAYS

Palace Theatre
Thursday, May 31
\$99 IN

A New Musical is set in Milwaukee, WI and written by Garry Marshall, the legendary creator of the television series. It includes 21 original songs by Oscar, Grammy and Golden Globe award-winning Hall of Fame Songwriter, Paul Williams. A New Musical is a hilarious feel-good musical that is guaranteed to have you rocking' and rollin' all week long! If you like GREASE, you're sure to like Happy Days!



HAPPY TRAVELERS BE A HAPPY TRAVELER... WE'RE GOING PLACES!

19

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10 Day Trip
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\$599 Dbl



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April 8-15, 2018
\$1669 Dbl



REMINDER

Document Party for Panama
Tuesday, January 16 at 10 a.m.

Don't forget!

IN Meal is included
DT Dutch Treat



DBL price for a double
SGL price for a single

means this trip is an *Exclusive HT Trip!*



www.Facebook.com/FondyHappyTravelers

JUST ADDED: TIM ALLEN

Friday, June 22
Depart 3:00p.m. and return 9:00 p.m.
Appleton PAC
\$98.00

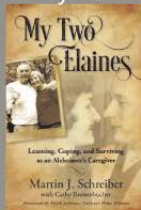


NEW



BOOKS BETWEEN BITES

Come hear a book review during your lunch break.
2nd Tuesday of the Month at 12:10p.m.
January 9, 2018



Book Review: *My Two Elaines: Learning, Coping, and Surviving as an Alzheimer's Caregiver*

Presenter: **Our very own - Sarah Docter**

Downstairs in the Fellowship Hall
Salem United Methodist Church

120 Sheboygan Street

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<https://www.facebook.com/BrownPaperPackagesGiftShopFondduLac>

THANK YOU!



Thank you to the Grancare Nursing and Rehab for sponsoring the Pizza Party with Santa!

SOUP CONTEST FUNDRAISER



Save the date:

Thursday, February 22nd

Call (920) 322-3630 to sign up if you would like to enter a crock pot of soup into the contest!

SALT/TRIAD

(Seniors and Law Enforcement Together)

Thursday, January 25 at 1:00 p.m.

Odd months January—September

SALT is a voice to advocate for action to ensure that Seniors live in a healthy, safe, enjoyable and vibrant community. Join us as we link seniors and service providers in the Fond du Lac County Area.

January's special topic: features
Joe Moore, Fond du Lac City Manager
"Fond du Lac in 2018"

S.A.L.T.

Seniors And Law Enforcement Together

AARP

At the FDL Senior Center

No Meeting in January— resumes the 3RD Thursday of February at 1:00 - Everyone Welcome!



ANNUAL MEETING OF THE FRIENDS OF THE FOND DU LAC SENIOR CENTER

Thursday, January 25th

3:00 p.m.



Ballots for Board of Director Elections available beginning Monday, January 8th at the front desk.

SUPPORT GROUPS

ALZHEIMER'S SUPPORT GROUP

4TH Thursday at 6:30 p.m.

DIABETIC SUPPORT GROUP

3RD Tuesday at 4:00 p.m.

Aurora Health Care Center

210 Wisconsin American Drive ~ American Room

LOCAL PARENTS OF ANGELS*

1st & 3rd Thursday 6:00-8:00 p.m.

Fond du Lac Senior Center, 151 E. First Street Room 1

*The Local Parents of Angels is a support group for parents who have lost a child—it can be a recent or a long-term loss. Everyone is welcome!

PARKINSON'S SUPPORT GROUP

2ND Monday at 10:00 a.m.

PROSTATE CANCER SUPPORT GROUP

2ND Tuesday at 8:30 a.m.

Rolling Meadows Family Restaurant

947 S. Rolling Meadows Drive

Senior Dining



2017 FOND DU LAC COUNTY SENIOR DINING

Come join us for lunch!

The Senior Center is a meal site for the FDL County Senior Nutrition Program. Served Monday—Friday at 11:45 a.m., lunch is available to all seniors regardless of income, with a suggested donation of \$3 for those age 60 or over. Please register for lunch by calling 929-3937 at least one day in advance before 1p.m.

Complete menus are available at the front desk or our website: fdlseniorcenter.com under the “Services” tab.

- Monday, January 1: Closed, Happy New Year!
- Tuesday, January 2: Chicken Marsala
- Wednesday, January 3: Pork Steak
- Thursday, January 4: Ham Rolls
- Friday, January 5: Country Fried Steak
- Monday, January 8: Chicken Tetrazzini
- Tuesday, January 9: Meatballs in Honey
- Wednesday, January 10: Ring Bologna
- Thursday, January 11: Hamburger on a Bun
- Friday, January 12: Liver and Onions
- Monday, January 15: Glazed Ham
- Tuesday, January 16: Baked Chicken
- Wednesday, January 17: Lasagna Casserole
- Thursday, January 18: Roast Turkey
- Friday, January 19: Cranberry/Kraut Meatballs
- Monday, January 22: Roast Beef
- Tuesday, January 23: BBQ Pork Cutlet
- Wednesday, January 24: Swiss Steak
- Thursday, January 25: Beef Stew
- Friday, January 26: Chicken Cacciatore
- Monday, January 29: Roast Pork Loin
- Tuesday, January 30: Meatloaf
- Wednesday, January 31: Baked Chicken

2018 DINE OUT COUPON BOOKS NOW AVAILABLE

Save money while eating at your favorite local restaurants! Our Dine Out Coupon Books have over 50 coupons from 40+ different restaurants! Purchase a coupon book today!

ROMEOS

All men are welcome to join the “Retired Old Men Eating Out” for noon lunch. You don’t have to be retired (or old) to join in on the camaraderie & fun!

Thursday, January 4 at 12:00
Faros Restaurant
131 N Pioneer Rd, Fond du Lac



Call our Center at (920) 322-3630 to register!
The ROMEOS are looking for help picking restaurants for their monthly meetings. Call Sarah at (920) 322-3641 if interested!

SUPPER CLUB

If you like to laugh and enjoy dining with friends, old and new, join the Supper Club each month! You MUST call our Center at (920) 322-3630 to make your reservation so we can let the restaurant know how many people to expect.



THE EAGLES

515 North Park Avenue, Fond du Lac

Friday, January 26

Social: 5:00 p.m. & Dinner: 5:30 p.m.

TUESDAY NIGHT DINING GROUP

The Fond du Lac Senior Dining Group invites all men & women aged 55 and older to join them on Tuesday nights. The group meets weekly for dining, with cocktails beginning at 5:00 p.m. and dinner at 6:00 p.m.

- | | |
|-------------------|--|
| January 2 | Big Al Capone's N10302 US-151, Malone, WI |
| January 9 | Schmitt's Oar House N7044 Winnebago Dr. |
| January 16 | Ginos 584 West Johnson St. |
| January 23 | Coliseum 91 South Main St. |
| January 30 | Fat Joes 15 West Division St. |

A GREAT OPPORTUNITY TO SOCIALIZE & MEET NEW FRIENDS

Call 322-3630 for more information about any of these activities. **New members are always welcome!**

Unless otherwise noted, there is no cost to participate in these recreational activities, but there is a 50¢ requested donation. These donations help defray the cost of programming and operations at the Senior Center. It is a DONATION and is not required for participation.

GROUPS

BOOK CLUB

2nd Monday at 9:30 a.m. except in January—meeting 3rd Monday

CHAR-TASTIC CRAFTERS

1st & 3rd Thursday from 6–8 p.m.

COIN CLUB

2nd Tuesday at 6:00 p.m.

DANCES

\$4.00 donation

Wednesday 7:30–9:30 p.m. Call Caroline at 920-929-9333 for info.

GAME DAY

Fridays at 1:00 p.m. - 3:30 p.m.

GENEALOGY

2nd and 4th Wednesday at 1:00 p.m.

GERMAN CLUB

Mondays at 1:00 p.m.

HANDCHIME CHOIR

Wednesdays/Thursdays at 9:00 a.m.

JAM SESSION

2nd & 4th Wednesdays at 10:00 a.m.

MELODIES & MEMORIES CHOIR

2nd Thursday at 3:30 p.m.

QUILTING

Flying Geese Quilting Club

1st Thursday at 1 p.m. Call Nancy at 920-923-4494 for info.

Sunset Stitches Quilt Guild

2nd Thursday at 7:00 p.m. Call Laura at 920-923-1693 for info.

RED HAT HONEYS

Activities include Chorus, Good Deed Gals, Umbrella Brigade & more. The cost is \$5 annual dues; a free newsletter telling of chapter activities is also available at the Front Desk!

RED HAT HONEYS CHOIR

Fridays at 10:00 a.m.

SCAMP (Senior Center Band)

Wednesdays at 8:30 a.m.

SCRAPBOOK CLUB

Thursdays at 10:00 a.m.

Group does not meet 4th Thursday of the month

STITCHERY

Tuesdays at 1 p.m.

STAMP CLUB

3rd Wednesday at 7:00 p.m.
(except March, July and December)

TECH TYME

Thursdays at 1 p.m.

TOPS (Take Off Pounds Sensibly)

Chapter #0566

Thursdays at 5:45 p.m.

WINNEBAGO

WOODWORKERS

2nd Tuesday from 6:00-8:00 p.m.
General meeting held at the FDL Senior Center

Other Tuesdays from 6:00-8:00 p.m.

Workshop meetings at Horace Mann High School, North Fond du Lac.
Call Dave Jackson at 923-5233 for more info.

WOODCARVERS GROUP

Mondays at 9:00 a.m.

WRITERS GROUP

Fridays at 1:00 p.m.

The Memories Writers meet to share and preserve life experiences and family history. New members welcome!

HEALTH & FITNESS

BALANCE & BODY MOVEMENT

Fridays at 10:00 a.m.

BIKE RIDE

3rd Wednesday at 10:30 a.m.
Spring - Fall

CARDIO DRUMMING

Tuesdays at 3:15 p.m.

CHAIR TAI CHI CONCEPTS

Fridays 9:00

HIKING/WALKING CLUB

Tuesdays and Thursdays at 10:00 a.m.

LADIES GOLF LEAGUE

Mondays and Wednesdays at 9:30 a.m. from May-August

LOW IMPACT CHAIR EXERCISE

Mondays at 9:00 a.m.

SELF DEFENSE

Fridays at 10:30 a.m.

STRONG BODIES

Monday and Wednesday 7:00 a.m.
Tuesday and Thursday 5:00 p.m.

TAI CHI

Tuesdays at 9:00 a.m.

VIDEO CHAIR EXERCISE

Wednesdays at 10:00 a.m.

YOGA FIT

Saturdays at 9:00 a.m.

YOGA WITH JEANNE

Thursdays at 10:45 a.m. Classes fill fast—stop in to check availability.

ZUMBA GOLD

Mondays at 5:30 p.m.



Activities Index



Call 322-3630 for more information about any of these activities. New members are always welcome!

Unless otherwise noted, there is no cost to participate in these recreational activities, but there is a 50¢ requested donation. These donations help defray the cost of programming and operations at the Senior Center. It is a DONATION and is not required for participation.

MEETINGS

AARP MEETING

No meeting in January,
3RD Thursday at 1:30

SUPPORT GROUPS

ALZHEIMER'S SUPPORT GROUP

4TH Thursday at 6:30 p.m. Except
November when they meet the 5th
Thursday

PARKINSON'S SUPPORT GROUP

2ND Monday at 10:00 a.m.
Meets at Aurora Health Care
Center

PROSTATE CANCER SUPPORT GROUP

2ND Tuesday at 8:30 a.m.
Meets at the Rolling Meadows
Family Restaurant

DIABETIC SUPPORT GROUP

3RD Tuesday at 4:00 p.m.
Meets at Aurora Health Care Center

RECREATION

CARD GAMES

BRIDGE \$1 donation

Tuesdays: 12:30 p.m.

*For information or to play,
call Johanna O'Brien at 251-3759.*

Thursdays: 10:00 Beginners

(subs needed)

Thursdays: 12:30 p.m. Advanced

*For information or to play, call Judy
Rupp at 920-477-3021.*

CANASTA

1st, 3rd & 5th Wednesdays
at 12:00 p.m.

CRIBBAGE

Thursdays at 1:00 p.m.

RECREATIONAL EUCBRE

Mondays at 12:30 p.m.

REGULAR EUCBRE

Mondays at 12:30 p.m.

HAND & FOOT (Card Game)

Wednesdays at Noon

POKER

Mondays at 1:00 p.m.

SHEEPSHEAD

Mondays at 1:15 p.m.

Jack of Diamonds \$1.50

Wednesdays & Fridays at 1:15 p.m.

Black Queens \$1.50

RECREATIONAL

SHEEPSHEAD

Wednesdays at 12:45p.m.—3p.m.

SKAT

Thursdays at 8:00-11:30 a.m.

OTHER ACTIVITIES

BINGO 50¢ for 2 cards

Tuesdays at 1:00 p.m.

*Thanks to our Bingo Sponsors who provide
prizes, treats, and caller.*

1st Tuesday: Fond du Lac Lutheran Home

2nd Tuesday (odd months): Manor Care

2nd Tuesday (even months): Harbor Haven

3rd Tuesday (odd months): Almost Family

3rd Tuesday (even months): The Meadows

4th Tuesday (odd months): Grancare Rehab

4th Tuesday (even months): Lincoln House

5th Tuesday: Visiting Angels

MAHJONGG

Tuesdays at 12:00 p.m.

Thursdays at 12:00 p.m.

POOL

Open Pool daily

POOL LEAGUES

8 Ball Tuesdays 8:30am

9 Ball Wednesdays 8:30am

Wii BOWLING

Open Bowling by request—call to
reserve day

Fridays at 12:30 and 1:45 p.m.

League Play

(September—April)

Subs also needed for
league play



ART & DANCE

ACRYLIC & OIL PAINTING LAB

Tuesdays at 10:00 a.m.

DRAWING & WATERCOLOR LAB

Tuesdays at 1:00 p.m.

BEGINNING COUNTRY LINE DANCING

Saturdays at 10:00 a.m.

COUNTRY LINE DANCING

Thursdays at 6:10 p.m.

SPECIAL EVENTS

MOVIES

1ST Thursday and 3RD Wednesday at
1:00 p.m.

(Dates could vary)

SALT/TRIAD

(Seniors and Law Enforcements
Together)

4TH Thursday at 1:00 p.m. *odd
months January—September*

ROMEOS

(Retired Old Men Eating Out)

1st Thursday at Noon – Restaurant
Varies

SUPPER CLUB

Dates vary, please check the
“Dining” section in the Newsletter
for more details – Restaurant Varies

The Power of One

2nd Wednesday at 1:30pm

Book Between Bites

2nd Tuesday at 12:10pm



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2018 Friends Membership Application

27

To join the FRIENDS of the FOND DU LAC SENIOR CENTER or to renew your membership, please complete this application and return it to the Fond du Lac Senior Center. Membership is for the 2018 calendar year. We do not share your information with any outside organization.

Please make check payable to: "FRIENDS, INC."

Fond du Lac Senior Center
151 E. 1st Street
Fond du Lac, Wisconsin 54935

NAME(s) (both, if couple)	
MAILING ADDRESS (with apt #)	
CITY, STATE, ZIP	
PHONE NUMBER	
BIRTHDATE (optional)	
E-MAIL (absolutely confidential)	
<input type="checkbox"/> I'D LIKE TO GO GREEN! RATHER THAN U.S. MAIL, PLEASE E-MAIL MY MONTHLY NEWSLETTER TO THE EMAIL ADDRESS ABOVE	

PLEASE PRINT CLEARLY as all information is entered into the computer by a volunteer.

CHOICE OF SUPPORT:

☐ **\$10.00 Single** ☐ **\$15.00 Couple** (same address)

**THANK YOU FOR SUPPORTING THE FRIENDS -
RENEW YOUR MEMBERSHIP NOW!**

☐ **\$ _____ UTILITY DONATION for the City of Fond du Lac** For a few years now, we have asked members to give \$25 or whatever they could afford. A \$10,000 donation has been made each year in the fall by the Friends Board to City Council to help with the cost of utilities at the Senior Center. Thank you to all who helped with donations. Your donation for 2018 is optional but *very much appreciated!*

☐ **\$50.00 FANTASTIC FRIENDS membership support** — Thank you for your \$50 donation to the Friends of the Fond du Lac Senior Center. This special membership helps with the day-to-day operation of our Center and is much appreciated. You will receive a 2018 Dine Out Coupon Book in appreciation of your fantastic donation. *You can pick it up at the front desk.* The **FANTASTIC FRIENDS MEMBERSHIP includes your single or couple membership** and additional donation to Friends to help with the operation of our Center.

☐ **\$100.00 FABULOUS FRIENDS membership support** — Thank you for your "above and beyond" FABULOUS \$100 donation to the Friends. Recognition of your support will be in the Senior Center's October newsletter, and you will receive 2 2018 Dine Out Coupon Books with our appreciation. *Please pick them up at the front desk.* The **FABULOUS FRIENDS MEMBERSHIP includes your single or couple membership**, and a fabulous donation to the Friends of the Fond du Lac Senior Center to help with operations.

PLEASE CHECK: ☐ Yes, you CAN include my name when listing publicity. ☐ No, please do NOT list my name.

TOTAL ENCLOSED (Utility Donation and Friends Membership can be on the same check.)

Because the Friends is a 501(c)(3) nonprofit organization, your contribution is tax deductible.

Please note that **RED HAT HONEYS** members use another purple form for the **\$5 chapter dues**. The \$5 dues can be paid at the same time as the Friends membership. Friends membership, utility donation, and Red Hat dues CAN be on the same check. Forms are available at the Senior Center and Red Hat Honeys membership is on-going throughout the year. We always welcome new Red Hatters!

FOR OFFICE USE ONLY

DATE PAID _____ CASH AMT _____ CHECK AMT _____ CHECK # _____ Receipt Given _____

☐ NEW 2018 Member ☐ Renewal Receptionist Initials _____

☐ FANTASTIC FRIENDS \$50 ☐ FABULOUS FRIENDS \$100

☐ Received Dine Out Book for Fantastic or Fabulous membership ☐ Received Happy Travelers Info

☐ Received *Among Friends* Newsletter

January 2018 Newsletter

Card File

Computer



Fond du Lac Senior Center

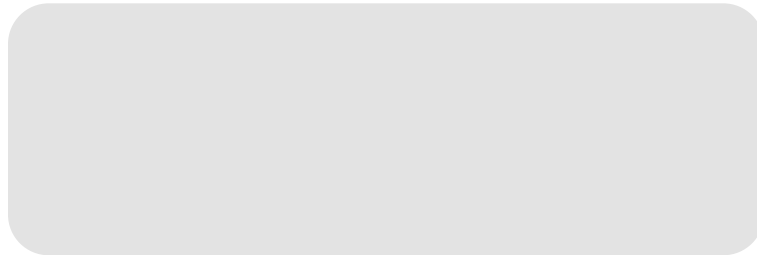
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MISSION

The Fond du Lac Senior Center is dedicated to enriching the social, physical, emotional, and intellectual well-being of seniors in the community.

VISION

TO ENHANCE THE QUALITY OF LIFE OF EVERY SENIOR IN OUR COMMUNITY

The Friends of the FDL Senior Center assume no responsibility for advertising content, mistakes or omissions. Programs and events are subject to change or cancellation without notice. No partial sessions or refunds on classes.